

DINNERLY



Fan Fave: Plant-Based Miso Soup with Noodles and Sweet Corn



25 minutes



2 Servings

This is our vegetarian spin on the ever-popular Japanese beef ramen. Serve up noodles in a flavourful, umami-packed miso broth, top with plant-based mince and slurp away to your heart's content.

WHAT WE SEND

- 1 spring onion
- 300g corn kernels
- 2 vegetable stock cubes
- 250g plant-based mince ⁶
- 150g egg noodles ^{1,3}
- 2 tsp sesame oil ¹¹
- 40g miso paste ^{1,6}

WHAT YOU NEED

- 1L (4 cups) boiling water
- 2 eggs (optional) ³
- 2 tsp vegetable oil
- ½ tsp chilli flakes (optional)
- 2 tsp soy sauce ⁶
- 1 tsp sugar

TOOLS

- 2 medium saucepans
- slotted spoon

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 730kcal, Fat 32.3g, Carbs 78.7g, Proteins 40.0g



1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles and the eggs, if using. Thinly slice the **spring onion**, keeping the white and green parts separate. Drain and rinse the **corn**. Crumble the **stock cubes** into a heatproof jug, add **1L (4 cups) boiling water** and stir to dissolve.



2. Boil eggs

Cook **2 eggs** in the pan of boiling water for 6 mins for soft-boiled. Remove the eggs from the pan with a slotted spoon, then cool in cold water. Return the pan of water to the boil for the noodles.



3. Cook plant-based mince

Meanwhile, heat **2 tsp vegetable oil** in a medium saucepan over medium-high heat. Cook the **plant-based mince**, breaking up the lumps with a spoon, for 3-4 mins until browned (see Kitchen 101). Stir in **½ tsp chilli flakes**, if using, and cook for 1 min or until fragrant. Remove from the pan, reserving the pan.



4. Make soup

Cook the **noodles** in the pan of boiling water for 3 mins or until tender. Drain, then rinse under hot water to prevent the noodles from sticking. Put the **stock**, **white part of the spring onion**, **2 tsp soy sauce** and **1 tsp sugar** in the reserved pan and bring to the boil. Reduce the heat to low, then add the **sesame oil** and **miso paste** and stir until combined.



5. Serve up

Add the **corn** to the soup and cook for 1 min or until warmed through. Remove the pan from the heat. Peel and halve the **eggs**. Divide the **noodles** among bowls, top with the **mince**, then ladle over the **hot soup**. Top with the egg, scatter over the **remaining spring onion** and enjoy!



6. Kitchen 101

Plant-based mince looks, cooks and tastes like meat but is made from plant-based protein. It's important to keep it moving in the pan so it doesn't stick.